



Instructor: \_\_\_\_\_  
Date: \_\_\_\_\_

**Student's Name**

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## Water Adjustment

## Getting wet

Water entry

## Exploring the pool

## Swimming on Front

Front float

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Front glide

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Leg action

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## Swimming on Back

Back float

Back glide

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Leg action

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## Breath Control

Blowing bubbles

Underwater exploration

## Changing Directions

Rolling back to front

Rolling front to back

## Personal Safety

## Choosing a life jacket

### Using a life jacket

## Water Exit

## Lifting out